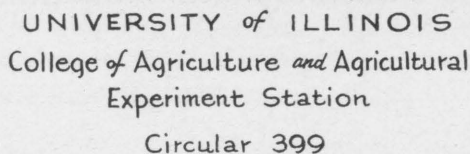


CORN

WAYS OF USING AS A LOW-COST FOOD



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Corn: Ways of Using As a Low-Cost Food

By SYBIL WOODRUFF, Associate Chief in Foods

RIPENED FIELD CORN is a good food for human beings, but this fact seems almost to have been forgotten by the people of the United States. In the pioneer days of the Middle West it helped to bring many a family thru the winter, but of late years it has been neglected as human food except in the form of cornmeal and a few manufactured products. Even hominy is considered old-fashioned and is seldom made in the home.

Corn is a palatable food even when not converted into the more expensive manufactured forms, and it is one of the most economical foods which can be used in the farm homes of this corn-growing state. Besides being very inexpensive, ripened field corn taken direct from the cob and properly cooked has a delightful flavor that will be a revelation to many people who have never known, or at least have forgotten, how good it can be. It can be used as a breakfast cereal, in breads, as a vegetable, and in combination dishes in place of macaroni, spaghetti, rice, and beans. Used in the diet with milk, eggs, meats, green vegetables, tomatoes, and fruits, it may well be depended upon for a good share of the "filling" or bulky food for the day. Made into hominy or cracked or ground to a meal, it can be served in a great number of ways.

Cornmeal has always been popular, especially in the southern states. During the World War it was demonstrated that generous quantities could safely be used in the human dietary. A meal made by grinding the whole grain differs from the usual commercial meal in that it retains the germ and bran which are removed from the commercial product in order to improve its keeping qualities. These discarded portions of the kernel carry away with them an important part of the vitamins and minerals in the natural corn. It must be said, however, that while whole grain and whole-grain cornmeal have the advantage of being richer in vitamins and minerals than "milled" products, the fact that they contain more indigestible matter is sometimes against them. Because of this coarse material they should be used in moderation by young children and by persons whose digestive tracts are highly sensitive to bran and similar roughage.

At present prices corn is one of the lowest cost foods to be had. One pound of shelled corn ($\frac{1}{56}$ of a bushel) will yield almost two quarts of cooked whole corn, an amount that will supply one or more meals for a family of six. This is unbelievably cheap food, especially when in flavor and food value it compares favorably with foods costing many times as much. The long, slow cooking required to make the grain tender and palatable is not expensive in fuel consumption where a coal or wood stove is being used continuously for other cooking or heating purposes.

The rediscovery of corn as food, thru the suggestions for cooking and serving compiled here, will, it is hoped, give it the wider use to which it is entitled.

SELECTING CORN FOR COOKING

There are many varieties of corn grown in Illinois which can be cooked with about equal success. Western Plowman, a yellow variety, has kernels that are unusually large and somewhat shriveled in appearance, but they swell easily to a large tender product. Small, smooth, yellow flint corn becomes tender but does not swell so much as Western Plowman. Yellow Dent corn and several of the hybrids have been cooked also with marked success. Champion White Pearl, which has always been popular for hominy making, gives a very good cooked product. The yellow varieties have an advantage over the white varieties in possessing a higher vitamin A content, and most people in the Middle West seem to prefer their flavor. Hominy made from yellow corn has an excellent flavor and an attractive color.

The shelled corn should be washed thoroly to remove dust and as much of the lint from the tip as possible. It should then be drained, spread out on clean paper to dry, and stored in containers until needed.

Corn can be cracked in a household food grinder. It can be reduced to the desired degree of fineness for a mush by being put thru the machine twice, first with the coarse knife attachment, then with a medium one. It can also be cracked in a farm feed mill or by local or itinerant custom mills.

HOW TO COOK WHOLE CORN

When the whole grain is cooked by the methods given below, the kernels burst slightly but do not fall to pieces and only a little of the starch cooks out into the water. The cooked whole corn is somewhat

like hominy in texture tho the flavor is different and even better. The cooked whole corn retains the broken outer hull. Whole corn and hominy can, even so, be used interchangeably in the recipes below.

One cupful of whole corn weighs approximately 6 to 6½ ounces and swells to about 3 cups of cooked product. Fuel and time can be saved by cooking several days' supply at once. The cooked corn keeps very well for several days if kept in a refrigerator or other cold place.

The corn must be kept covered with water thruout the cooking and should not be drained until just before it is used; this prevents drying out and discoloring. It can later be reheated in its own liquor, then drained and seasoned or combined into such dishes as those listed under the recipes.

Cooked whole corn can also be coarsely chopped or ground for variety; its consistency will be loose and crumbly, very different from the pasty, porridge-like mass obtained by cooking the cracked corn. Cooked whole corn which has been run thru a food grinder after cooking is called for in certain recipes as "ground cooked corn" to distinguish it from cracked corn mush or cornmeal mush.

Cooking tests have shown that corn becomes more tender when cooked slowly just under the boiling temperature (in a double boiler) than it does when actually boiled either on top of the stove or in the oven. The steam-pressure method of cooking is also a very desirable one and is in many ways the preferred one if a pressure cooker is available.

There is no advantage in using soft water or soda in cooking the corn. *Remember that salt must not be added until cooking is complete or the kernels will fail to swell.*

Cooking Whole Corn in a Double Boiler. To each cupful of washed and drained whole corn add 3 cups of water or enough to cover well, and let soak over night. The next morning drain off the water in which the corn was soaked, add 3 cups of fresh water, and cook in the upper part of a double boiler with the water in the lower part boiling gently all the time. A makeshift double boiler can be made by setting the pan containing the corn in another larger kettle of boiling water.

Continue cooking the corn for five hours. *After the cooking is finished*, add 1½ to 2 teaspoons of salt for each cupful of corn used at the start. The salt flavor will penetrate the corn in about 15

NOTE.—The directions given here for cooking corn and the recipes for using cooked corn were tested by Mabel Inez Clem, a graduate student in the Department of Home Economics.

minutes. The corn is now ready to be drained and used according to the recipes on pages 7 to 11, or it can be left in the cooking water if it is not to be used at once.

Cooking Whole Corn in a Pressure Cooker. Soak the washed corn over night in enough water to cover it well. Drain off the water the next morning and add 4 cups of fresh water to each cup of corn used. Cook at 10 pounds pressure for three hours. With the petcock closed, allow the cooker to cool until the pressure gage registers zero (with the cooker unopened); this preserves the plumpness of the kernels. It is not necessary to use an inset pan in the cooker.

A 14-quart pressure cooker will hold 2 to 2½ quarts of corn at one time. Add 2 tablespoons of salt for each quart of dry corn used and reheat the corn in its liquor. Drain and use in such recipes as given on pages 7 to 11.

HOW TO COOK CRACKED CORN

Corn which has been broken or coarsely cracked in a food grinder, feed mill, or grist mill will cook to a mushy consistency owing to the loose starch which has been freed from the kernel. This product makes an excellent breakfast cereal or it can be substituted for part of the flour in muffins and griddle cakes according to the recipes given on pages 11 and 12.

Each cupful (about 5 ounces) of coarsely cracked corn makes approximately 2½ to 3 cups of cooked mush.

To each cupful of coarse cracked corn add 3 cups of either hot or cold water. Cook the corn in a double boiler for 3 hours, then add 1 teaspoon of salt. Or the corn can be cooked in a pressure cooker at 10 pounds pressure for 1½ hours, the same amount of water being used.

Corn can also be broken into small, even-sized pieces on a small hand mill or any larger mill. If the loose starch is then sifted out, the coarser pieces will resemble old-fashioned "grits." These grits cook in less time than the coarsely cracked grain, the exact time depending upon the fineness of the pieces. About an hour will usually be sufficient. Cooked grits can be used in any of the following recipes that call for cooked cracked corn.

HOW TO COOK CORNMEAL

To each cupful of dry cornmeal add 3½ to 4 cups of water and 1 teaspoon of salt in the top of a double boiler. Stir occasionally as it

heats to prevent the meal settling out and lumping. After the cornmeal thickens continue to cook it for 15 to 30 minutes.

One cupful of meal gives approximately 4 cups of mush. This mush can be served either as a breakfast cereal, or it can be seasoned with butter and served with milk or cream for supper. It can be fried, or it can be used in place of part of the flour in griddle cakes, muffins, and other breads. Recipes for using cornmeal are given on pages 12 to 14.

HOW TO MAKE LYE HOMINY

Dissolve 2 rounded tablespoons (a little more than 1 ounce) of lye or granulated caustic soda in 2 gallons of water. Heat the solution to the boiling point in a granite or an iron pan (the lye solution injures an aluminum vessel), and stir to make sure that all the lye has dissolved. Add 2 quarts of clean, sound corn, either yellow or white. Cover and boil the corn in the lye slowly and with occasional stirring to prevent sticking to the bottom of the kettle. Boil for about an hour, or until the outer hulls are loose enough so that they can be rubbed off. Too long boiling in the lye will make the corn over-soft and slimy.

Drain off the lye solution and wash thoroly with three changes of fresh water. With the corn well covered with water, rub off the hulls either with the bare hands or between the folds of a rough cloth such as old turkish toweling. The hulls float to the top and can be drained off with the water. Continue washing and rubbing until all hulls and dark tips have been removed.

Put the hulled corn back in the kettle and cover it well with about 1 gallon of fresh water. Boil for $\frac{1}{2}$ hour, drain and add fresh water. Three changes of water with $\frac{1}{2}$ hour boiling periods will be required to remove all flavor of lye. Boil the hominy in the last water for about an hour or until tender. Add 5 tablespoons of salt and let the hominy stand in its liquor until it is to be used.

This quantity of corn (2 quarts) will make approximately 6 quarts of hominy. In the recipes which follow, hominy may be used, if preferred, where cooked whole corn is called for.

RECIPES THAT USE COOKED WHOLE CORN

BUTTERED CORN

Heat 3 cupfuls of cooked whole corn in the water in which it was cooked or use it while still hot immediately after cooking and salting (see directions on pages 5 and 6). Drain off the water and add butter or other fat for seasoning. Serve as a vegetable with meat or other dishes.

FLUFFY COOKED CORN

Reheat cooked whole corn which has been minced in a food grinder. Season with butter and pepper and pile it loosely in the center of a platter. An interesting addition is to arrange cakes of fried pork sausage and baked apples alternately around the edge of the platter and serve with sausage gravy.

Two cups of whole cooked corn will make $2\frac{2}{3}$ cups when ground and will serve 4 to 6 persons.

CORN RING

1½ c ground cooked corn	1 Tb chopped parsley, pimento or
1 c grated cheese	green pepper, if available and
1 c soft bread crumbs	desired
2 Tb melted fat	1 c scalded milk
1 Tb chopped onion	2 eggs well beaten
	1 t salt

Combine in the order given. Fill a greased ring mold with the mixture; set the mold in a pan of hot water and bake in a moderate oven (375° F.) until firm. Turn the ring onto a platter, fill the center with creamed vegetable of any kind or with creamed left-over meat. An ordinary baking dish can be used in place of the ring mold. Serves 6 persons.

CORN AND HAM LOAF

¾ c scalded milk	2 c ground cooked corn
¼ c fat	2 c ground cooked ham
2 beaten eggs	1 Tb chopped onion
½ c bread crumbs	1 Tb each of pimento, parsley, or
	green pepper if desired

Scald the milk and melt the fat in the hot milk. Mix all the other ingredients and add the hot milk. Place in a greased loaf pan; set the pan in another pan of hot water and bake in a moderate oven (375° F.) until firm enough to slice. The loaf is excellent served with a plain white gravy or sauce. Serves 6 persons.

CORN-MEAT LOAF

1 lb ground beef	1 c ground cooked corn or stiff
2 oz ground fat pork	cracked corn mush
1 Tb minced onion	1 egg
¼ t pepper	2 Tb milk
½ Tb salt	

Mix all the ingredients thoroly and use enough milk to moisten. Shape into a loaf and bake (about 45 minutes) at 400° F. until brown. Slice for serving. Serves 6 persons.

HOMINY AND MEAT CASSEROLE

1½ lb meat	1 t salt
3 Tb flour	3 c hominy or ground cooked corn
2 Tb fat	or cooked coarse grits

Cut meat (pork, ham, beef or veal) into 1-inch cubes, dredge them in the flour and brown in the fat in a frying pan. Cover with water and

simmer for 1 hour or until the meat is tender. Salt and place in a casserole. If the water has evaporated, add more to give a medium-thin gravy. Cover the meat with hominy or other forms of corn mentioned above. Cover the dish and bake in a moderate oven (375° F.) until well heated. Serves 6 persons.

BAKED ITALIAN CORN AND EGGS

- | | |
|----------------------------|------------------------|
| 2½ c tomato pulp and juice | 2 c ground cooked corn |
| 2 t salt | 6 eggs, hard boiled |
| 1 small onion chopped | ½ c buttered crumbs |
| 1 Tb fat | |
| 1 Tb flour | |

Make a thickened sauce of the first five ingredients. Place a layer of ground corn in a greased baking dish, then a layer of sliced egg until all is used. Cover with tomato sauce, and sprinkle crumbs over the top. Bake at 350° F. until brown on top. Serves 6 persons.

CORN SOUFFLÉ

- | | |
|------------|------------------------------|
| 2 c milk | ½ c soft bread crumbs |
| 2 Tb flour | 3 eggs beaten separately |
| 2 Tb fat | 2 c ground cooked corn |
| ⅛ t pepper | 1 Tb pimento or green pepper |
| 1 t salt | if desired |

Make a thickened sauce of the first five ingredients. Add the crumbs, corn, and egg yolks. Fold in the beaten whites. Bake in a greased baking dish set in a pan of water. Use an oven temperature of 375° F. Serves 6 or 8 persons.

CORN WITH CHOP SUEY

- | | |
|-----------------------|-------------------------|
| 1 lb beef shoulder | 2 large onions |
| ½ lb pork shoulder | 2 to 4 Tb soybean sauce |
| Salt, pepper to taste | 3 c ground cooked corn |
| 2 c diced celery | |

Sear meat, which has been cut into small cubes, in small amount of fat. Add seasonings, cover with water, and simmer until tender. Add celery and onions about ½ hour before meat is tender. Just before serving, thicken liquid as for gravy, using 2 tablespoons of flour to each cup of liquid. Add soybean sauce and pour chop suey over hot ground cooked corn. Serves 6 persons.

ESCALLOPED CORN AND VEGETABLES

- | | |
|---------------------------|------------------------------------|
| 1 c liquid from vegetable | 2 c ground cooked corn |
| 1 c milk | 2 c canned green beans, asparagus, |
| 1 Tb flour | or other vegetable |
| 2 Tb fat | 1 c buttered crumbs |
| ½ t salt | |

Make a thickened sauce of the first five ingredients. Put alternate layers of corn and vegetable in a greased baking dish and cover with white sauce and crumbs. Bake in a moderately hot oven (400° F.) until brown. Serves 6 to 8 persons.

TAMALE LOAF

1½ c salad oil	1½ Tb chili powder
1½ Tb butter	¾ c cornmeal
1 small onion	1 egg
1 clove of garlic	½ c milk
1½ c tomato pulp and juice	1 c diced cooked meat (chicken, pork, etc.)
1 c ground cooked corn	

Cook the minced onion and garlic in the moderately hot fat for 15 minutes, then add the next four ingredients and cook together for 10 minutes. Add the beaten egg to the milk and stir it and the meat into the above. Pour into a greased casserole and bake for 30 minutes at 375° F. until brown over the top. The loaf should be moist and is served from the baking dish with a spoon. One-half cupful of ripe olives can be added in place of part of the meat. Serves 6 to 8 persons.

CORN AND TOMATO CHOWDER

3 strips bacon	2 c whole or ground cooked corn
1 small onion, chopped	1½ c milk
2 Tb green pepper	2 c tomato pulp and juice
½ c diced carrot	¼ t pepper
½ c diced celery or cabbage	1 t salt

Cut the bacon fine and fry with the onion. Add other vegetables and a small amount of water. Simmer until tender. Add the corn and milk and heat to boiling. Add the tomato just before serving. Serve in soup bowls with crackers or toast. Serves 6 to 8 persons.

CREAM OF CORN SOUP

1 c finely ground cooked corn (passed thru a coarse sieve)	½ Tb flour
2 c milk	2 Tb butter
	½ t salt

Combine the corn pulp with the milk. Add to it the flour moistened with a small amount of milk. Heat to boiling, season and serve with thoroly toasted bread. Serves 4 persons.

CORN CROQUETTES

¾ c milk	¾ c minced left-over fish or meat
3 Tb flour	1 t minced onion
1 Tb fat	½ t salt
2 c ground cooked corn	1 egg and dry crumbs for dipping

Make a thick sauce of the first three ingredients. When cold add the corn, meat, and seasonings. Shape into 6 croquettes, cover with fine crumbs, then dip into beaten egg to which a little water has been added, and roll in crumbs again. Fry in lard or other fat at 390° F.

The fish or meat may be omitted and more ground corn used.

CORN FRITTERS

¾ c ground cooked corn	3 t baking powder
1 Tb melted fat	2 c flour
2 beaten eggs	½ Tb sugar
1 c milk	½ t salt

Mix the first four ingredients and stir into the sifted dry ingredients. Drop by small spoonfuls into deep fat at a temperature of 390° F. Dust with powdered sugar and serve hot with honey or sirup. Serves 6 persons.

CORN AND TOMATO MOLDED SALAD

1½ Tb gelatin	1 t sugar
¼ c water	1 Tb chopped green pepper
2 c tomato pulp and juice	2 Tb chopped celery
1 t chopped onion	¼ c shredded cabbage
¾ t salt	½ c ground cooked corn

Soak the gelatin in the water. Heat the tomato, onion and seasonings to boiling. Dissolve the gelatin in the hot tomato and strain. When it begins to thicken, add the vegetables, pour into molds, and chill. Shredded raw carrot can be substituted for celery or cabbage. Serves 6 persons.

CORN AND APPLE SALAD

1 diced large apple	½ c shredded raw cabbage or carrot
½ c whole cooked corn	⅓ c salad dressing

Blend the ingredients and add chopped nuts if desired. The corn serves as a nut substitute. Serves 4 persons.

VEGETABLES STUFFED WITH CORN

Green peppers, fresh tomatoes, eggplant or small squashes can be hollowed out and the cavity stuffed with ground cooked corn mixed with grated cheese, left-over chopped meat, chopped onion, and other seasonings, and moistened with milk or meat broth. Cover with buttered crumbs and bake until brown.

RECIPES THAT USE COOKED CRACKED CORN

CRACKED CORN BREAKFAST CEREAL

Cracked corn cooked according to the directions on page 6 makes an excellent breakfast cereal. It may be served plain or combined with dried fruits. Washed dried figs, dates, or raisins, for example, may be added to the cereal about 15 minutes before it is ready to serve. Serve with rich milk or cream.

This cracked corn cereal is similar to hominy grits in texture tho the flavor of the cracked corn is superior. It is an excellent dish for either breakfast or supper.

CRACKED CORN GRIDDLE CAKES

1 c cooked cracked corn	2¼ c flour
1¾ c milk	5 t baking powder
2 eggs	3 Tb sugar
4 Tb melted fat	1 t salt

Combine the first four ingredients and stir them into the dry ingredients, which have been sifted together. Bake on a hot griddle. Serves 6 to 8 persons.

CRACKED CORN MUFFINS

1 c cooked cracked corn	2 c flour
$\frac{3}{4}$ c milk	4 t baking powder
1 egg	3 Tb sugar
3 Tb melted fat	$\frac{1}{2}$ t salt

Combine the first four ingredients and add them quickly and with little stirring to the dry ingredients, which have been sifted together. Fill greased muffin pans and bake in a hot oven (475° F.) for 12 to 15 minutes. Makes 12 large muffins.

CORN YEAST BREAD OR ROLLS

$\frac{1}{2}$ yeast cake	2 Tb fat
$\frac{3}{4}$ c milk	$\frac{1}{2}$ c cooked cracked corn
2 Tb sugar	$3\frac{1}{2}$ c flour
$1\frac{1}{2}$ t salt	

Soften the yeast in the milk which has been scalded, then cooled. Dissolve the sugar and salt in the milk, add melted fat and cracked corn mush or cooked grits. Stir in as much of the flour as possible, then knead in enough flour to make a soft dough. Let the dough rise in a covered bowl until double in bulk; knead again for 10 minutes, let rise, then knead again and shape into a loaf or into rolls. When double in bulk, bake in a moderate oven at 375° F.

CRACKED CORN AND PINEAPPLE PUDDING

$\frac{3}{4}$ c shredded or diced pineapple	$\frac{1}{2}$ c whipping cream
2 to 3 Tb sugar	$\frac{1}{4}$ t vanilla
2 c cooked cracked corn	1 Tb sugar

Dissolve the sugar in the pineapple and its juice. Combine with the chilled corn. Serve cold with seasoned whipped cream or fold the cream into the mixture. Other fruits may be substituted for the pineapple. Serves 6 persons.

RECIPES THAT USE CORNMEAL**FRIED CORNMEAL MUSH**

Cook the mush to a very stiff consistency according to directions on page 6 but use only 3 cups of water to each cup of meal. Pour the mush while hot into deep pans to cool. Let stand until the next day, remove from the mold, slice, and fry until crisp and brown. Or the slices may be dipped in egg and crumbs and fried in deep fat.

CORN PONE

$\frac{2}{3}$ c boiling water	$\frac{1}{4}$ t soda
2 c cornmeal	2 t baking powder
$\frac{2}{3}$ c sour milk or buttermilk	1 Tb sugar
1 t salt	$\frac{1}{4}$ c wheat flour

Pour the boiling water over the cornmeal and add the buttermilk. When cool, add the other ingredients sifted together. Shape into small

cakes and place in a generously greased shallow pan. Bake in a hot oven (450° F.) until crisp and brown.

SOUR MILK CORN BREAD

1½ c cornmeal	1 egg, beaten separately
1 c sour milk or buttermilk	½ t soda
1 Tb melted fat	1 Tb cold water
½ t salt	

Mix in the order given. Use the melted fat for greasing the pan and drain excess fat into the batter. Dissolve the soda in cold water and add just before the batter is poured into the pan. Bake in a shallow pan in a moderate oven (375° F.) for 20 minutes until crisp and brown. Serves 4 to 6 persons.

SWEET MILK CORN BREAD

¾ c cornmeal	½ t salt
1½ c white flour	1 c milk
2 Tb sugar	1 egg
3 t baking powder	3 Tb melted fat

Blend the dry ingredients and stir into them a mixture of the milk, egg, and fat. Bake in a greased shallow pan for 20 to 30 minutes. Use an oven temperature of 400° F. Serves 6 persons.

SPOON CORN BREAD

½ c cornmeal	1 t salt
2 c milk	3 eggs, beaten separately
2 Tb butter	½ t baking powder

Cook the cornmeal and milk together until thickened; add the butter and salt and allow it to cool somewhat. Add yolks, then fold in the whites and baking powder. Bake in a greased baking dish for about 30 minutes in a moderate oven (375° F.). Serve from the dish with a spoon. This bread is fluffy and is best served with generous amounts of butter. Serves 6 persons.

INDIAN PUDDING

4 c milk	1 t salt
⅓ c cornmeal	1 t ginger
½ c molasses	½ c raisins (if desired)

Bake the ingredients together slowly with occasional stirring. Continue the baking until the pudding is of a stiff consistency and browned on top. Serve with cream or rich milk. Serves 6 to 8 persons.

CORNMEAL MOLASSES PUDDING

1 c cornmeal	½ t each of allspice, ginger and cinnamon
¾ c sweet milk	½ c sour milk
1 t salt	1 egg
2 Tb fat	½ c flour
¼ c molasses	¾ t soda
¼ c sugar	

Cook the cornmeal in the sweet milk in a double boiler for 10 minutes or until thickened. Add the salt, fat, molasses, sugar, and spices. When

somewhat cool, add sour milk, beaten egg, and flour. Add the soda moistened with 2 teaspoonfuls of sweet milk at the last. Bake in greased layer-cake pans for 25 to 30 minutes at 375° F. Serve while hot with either hard sauce or a vanilla pudding sauce. Raisins can be added if desired. Serves 4 to 6 persons.

MENUS THAT USE CORN

The following sample menus suggest ways of combining corn with milk, vegetables, fruits, and other foods to make wholesome and attractive meals. Only low-cost foods are mentioned and most of them are probably on hand on the farm. The woman in town can suit the menus to her needs with but little change.

The children in the family should receive each day one pint to one quart of whole milk, one egg, and at least two servings of fruits and two of vegetables.

BREAKFAST

(I)

Fruit (fresh, canned, or dried)
Cracked Corn Mush With Whole Milk
 Eggs Toast Beverage

(II)

Fruit (fresh, canned, or dried)
Fried Cornmeal Mush With Sirup
 Sausage cakes Beverage

(III)

Cracked Corn Mush With Figs or Raisins
 Muffins Jelly Beverage

(IV)

Fruit (fresh, canned, or dried)
Corn Griddle Cakes With Sirup or Honey
 Fried Ham or Bacon Beverage

DINNER

(I)

Baked Spareribs or Pot Roast of Beef or Pork
Buttered Whole Corn Escalloped Tomatoes
 Bread and Butter Canned Fruit Sauce

(II)

Browned Sausage With *Fluffy Buttered Corn* and Baked Apple
 Buttered Cabbage or Turnips
 Whole Wheat Bread and Butter
 Baked Custard

(III)

Tamale Loaf Rolls or Bread
 Apple, Raw Carrot, and Cabbage Salad
 Chocolate Cornstarch Pudding Cookies

(IV)

Liver and Bacon Gravy
Buttered Hominy Hot Beets With Vinegar Sauce
 Bread and Butter Apple Pie

SUPPER

(I)

Corn and Ham Loaf With White Sauce or Ham Gravy
 Coleslaw Sweet Potatoes
 Gingerbread

(II)

Corn and Tomato Chowder Toast or Crackers
 Cottage Pudding With Dried Peach Sauce

(III)

Corn Croquettes Apple Butter
 Baked Squash Bread and Butter
Indian Pudding With Milk

(IV)

Corn Ring Filled With Creamed Green Beans
 French Fried Potatoes Bread and Butter
 Baked Apple With Cream or Milk

NOTE.—The equivalents and abbreviations used in the recipes in this circular are as follows:

3 teaspoons (t) = 1 tablespoon (Tb)
 16 tablespoons (Tb) = 1 cup (c)
 2 cups (c) = 1 pint (pt)

All measurements are level unless otherwise indicated.

Note for Relief and Welfare Agencies

In using whole corn for welfare purposes, it is suggested that it be cooked at a central place. The pressure-cooker method is recommended for cooking the corn in quantities larger than those called for on page 5.

Cracked corn, or grits, or cornmeal might be distributed for home cooking if there is a grist mill in the community where corn can be cracked or ground. These materials can also be purchased commercially and make a cheap food.